

# The Center

“One Mission, Two Locations”



## From our Director...

I grew up as a Lutheran, and when we were confirmed, we were each “gifted” with a Bible passage, intended to guide us throughout our lives and to remind us of who we are and who God is. My verse was John 3:16, one of the most well-known in the Bible. *For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.*

Battles have been fought over the second half of the verse, to the extent that we almost forget about the first six words—which are clearly the ones that capture my heart and imagination when it is springtime or summer in Minnesota! We are so blessed here at the Center and are filled with gratitude at being able to share these blessings with you. *For God so loved the world...*



- Did you know that here at the Center we have private single and double guest rooms ready for your private stay? Perhaps you need some personal reflection time, exhausted from the demands of your life or ministry? Are you looking for a quiet place to study or write? Do you need a space that will help you listen deeply to what life is saying to you? At both of our locations (the Monastery and McCabe Renewal Center), we offer this kind of quiet space, all the while being surrounded by the spectacular beauty of nature and the rhythm of Benedictine life. Come for a day, a week, a month, or as long as you need. *For God so loved the world...*
- Did you know that we have beautiful conference rooms for your meeting, event, or group on the Ground Floor of the Monastery or McCabe Renewal Center? These meeting and retreat spaces are private and quiet, enabling deep reflection and renewal of the spirit. Contact us with your needs! *For God so loved the world...*
- Did you know that the focus of our summer programming is to cultivate an appreciation for God’s wondrous Creation? We have something for everyone: youth can explore their creativity (pages 2 and 4); two sessions of “Nature Wandering as a Spiritual Practice” (pages 3 and 5); a gardening retreat in July (page 5), and a pilgrimage at the Monastery (page 6). And don’t forget Sister Lisa Maurer’s “Tackling Life with Joy” (page 6)! *For God so loved the world...*
- Did you know that Ilia Delio, a Franciscan theologian specializing in the areas of science and religion, is coming the beginning of November (along with local musician Sara Thomsen) to give presentations and a workshop focused on the life of faith in the unfolding universe? (See dates upper right.) Join a discussion group (top of page 4) to help prepare for this event! *For God so loved the world...*

Consider a time to experience the gift of the Center for Spirituality and Enrichment this summer, either privately, with your group, or in one of our program offerings. We are here to welcome and accompany you on this journey. *For God so loved the world...*

Dawn Carrillo  
dcarrillo@duluthosb.org

Summer 2018

## Save the Date!

**Benedictine Days**  
(see article on page 3)

- Wednesday, September 12  
(5:30 - 8:00 p.m.)  
Abbot John Klassen, OSB  
Michaela Hedican, OSB
- Saturday, December 1  
(9:30 a.m. - 1:00 p.m.)  
Michael Patella, OSB

**Ilia Delio, OSF**  
(see article to left)

- Thursday, November 1  
(7:30 p.m.) Lecture
- Friday, November 2  
(7:00 - 9:00 p.m.) and  
Saturday, November 3  
(9:00 a.m. - 3:30 p.m.)  
Workshop

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# June

## Listening for Change: A Foundation for Discernment Wednesday, June 13: 9:00 a.m. to 3:30 p.m. at St. Scholastica Monastery

*“Spiritual listening is a contemplative undertaking and not a problem-solving task. It is essentially prayer...Spiritual listening as a contemplative discipline pushes us...to a level of listening beyond our own powers of analysis to the grace and the gift of divine life itself...To listen this way is to listen with heart and mind opened wide. It invites us to be changed along with those to whom we listen.” (Wendy Wright, “Desert Listening,” Weavings 9:3 (May-June 1994), 10.*

If discernment assists us to listen for changes in our thinking, feeling, and acting, then the better we listen, the better we discern. This workshop is intended for those trained in the art of spiritual direction, chaplaincy, or other ministries of presence. It introduces participants to a process of personal reflection and small group interaction to engage pastoral ministers, chaplains, and spiritual directors to “listen for change” and to respond with wisdom and compassion.

**Facilitator: Eileen Flanagan, Ph.D.** *Professor Emerita*, Neumann University’s Department of Pastoral and Theological Studies.



Eileen Flanagan, Ph.D.

Eileen has taught in Spiritual Direction Programs at Neumann University, Aston, PA and Saint John’s University, Collegeville, MN.

She has facilitated theological/spiritual education and conducted workshops related to discernment, self-knowledge and self-awareness with pastoral counselors, chaplains and mission leaders in Catholic healthcare and with spiritual directors in practical engagement regarding guidelines for ethical conduct.

**Program Cost:** \$75.00 (includes lunch)

\$145 with an overnight stay (includes retreat and meals)

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## Collaborative Creativity *(for Youth entering 9th through 12th grade)* Saturday, June 23: 2:00 p.m. to 6:45 p.m. at St. Scholastica Monastery

Create, stage and record a radio play. Pray and have supper with the Sisters.

**Program Cost:** \$20  
*(Scholarships available)*



**Facilitator: Sr. Dorene King, OSB**, a MN licensed teacher and Director of McCabe Renewal Center.

## June (continued)

### Nature Wandering as a Spiritual Practice

Saturday, June 30: 9:00 a.m. to Noon at McCabe Renewal Center  
(Offered again on Wednesday, July 25 from 6:30 p.m. to 9:00 p.m.)

Christian tradition tells us that we have received two books of divine revelation: the book of scripture and the book of nature. Creation itself is a “sacred text” through which the presence of God is revealed to us. In this retreat, we will consider nature wandering as a practice of solitude, simplicity, and vulnerability on the spiritual journey, drawing inspiration from ancient and contemporary

writers who love nature. Brief presentations will prepare us for three walks with guided themes: an introduction to nature wandering, a wound walk, and a praise walk. Participants may walk gently on the grounds of McCabe or more vigorously on paths in the nearby woods. Refreshments and an opportunity for group reflection will be included.



**Facilitator: Kerry Sopoci** is a licensed psychologist in Duluth, with degrees in counseling, psychology, theology, and spirituality.

**Program Cost: \$30**

### A New and Upcoming Initiative for the Center: *Benedictine Days!*

Excitement is mounting at the Monastery about our new initiative entitled, *Benedictine Days*. We here at the Center believe that *every* day is a Benedictine day, so what is this new initiative all about? Benedictine Days are our way of reaching out to the world with a very specific purpose in mind: *to infuse the world with the Benedictine spirit*. We believe that the Benedictine spirit is a necessary and critical need for our society and our world *in this moment today*, and so we are hosting three or four events each year to address this need. With a lineup of insightful, lively presenters, we will gather for presentations and discussion on one or more Benedictine values and how they interface with problems and issues that impact all of us, locally and globally. *Why* do the Benedictine values matter and *how* do they matter in our world? Thought-provoking conversation and enjoyable food, nourishing our bodies and our souls, will set the tone for these events. We hope to engage old friends, as well as bring new faces through the doors of the Monastery to experience the gift of this Community and all of Benedictine life!

Benedictine Days launches on the evening of **September 12, 2018** with **Abbot John Klassen, OSB** (Saint John’s Abbey, Collegeville, MN) and **Sister Michaela Hedican, OSB** (Prioress of Saint Benedict’s Monastery in St. Joseph, MN from 2011-2017) with an event entitled, “**Navigating the Chaos: Benedictine Values as a Way of Life.**” Save the date and watch for mailings and Facebook postings for registration instructions. (Register early, as space will be limited.) There is no set fee for this event; freewill offerings are gratefully accepted.

*Come and encounter the power of the Benedictine spirit for ourselves and for our world...*

# July



## Expanding Christian Spirituality in Our Expanding Universe

**Mondays: July 9 & 23, August 6 & 20: 7:00 to 8:30 p.m. at St. Scholastica Monastery**

Any who are seriously struggling to integrate their Christian faith with our rapidly changing, interrelated, technological world are invited to participate in a stimulating book discussion group based on *The Emergent Christ* by Ilia

Delio, a Franciscan sister, scientist, and theologian. This book—one of 17 that Delio has authored—sheds new light on the role of Christ in our evolving universe and the corresponding transformation needed by Christians to understand their role in Christianity as a religion of the future.

**Facilitator: Sister Mary Catherine Shambour, OSB**, longtime member of St. Scholastica Monastery, retired secondary and college instructor and vocation director.

**Program Cost:** Free will offering

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## Contagious Creativity (for Youth entering 7th & 8th grade)

**Saturday, July 14: 2:00 p.m. to 6:45 p.m. at St. Scholastica Monastery**

Adventures in Flavor, Paw Painting, Birch Creations and More!

**Program Cost:** \$20  
(Scholarships available)

**Facilitator: Sr. Dorene King, OSB**, a MN licensed teacher and Director of McCabe Renewal Center.



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## Celebrating Creativity (for Youth entering 5th & 6th grade)

**Monday, July 23 - Friday, July 27: 10:00 a.m. to 2:00 p.m. at St. Scholastica Monastery**

Mystery Painting, Pebble Ponderings, Nature Detective, Instant Identities and More!

**Program Cost:** \$100  
(Scholarships available)



**Facilitator: Sr. Dorene King, OSB**, a MN licensed teacher and Director of McCabe Renewal Center.

**Register early, limited to 20 students**

## July (continued)

### Nature Wandering as a Spiritual Practice

Wednesday, July 25: 6:30 p.m. to 9:00 p.m. at McCabe Renewal Center

This is a repeat of the June 30 retreat.

**Program Cost:** \$30

**Facilitator: Kerry Sopoci** is a licensed psychologist in Duluth, with degrees in counseling, psychology, theology, and spirituality.



### Spirituality of Gardening Retreat

Tuesday, July 31: 9:00 a.m. to 3:30 p.m. at St. Scholastica Monastery

Creating a garden that is a spiritual oasis and refuge of peace and tranquility can be an inspiring process. In the serenity and silence of the early morning, the physical tasks of gardening can become exercises of mindfulness. As we work in the garden, it becomes a sacred space,



awakening and engaging our senses as we connect our Spirit with the wonder and beauty of all of creation around us.

**Facilitator: Sister Mary Josephine Torborg, OSB** is an Associate Professor of Theology and Religious Studies at the College of St. Scholastica. She teaches courses in the Benedictine Tradition, Introduction to Spirituality, Spirituality of the 21st Century, and Women Mystics. She has

directed a series of thirteen weekend spirituality conferences on various topics of concern in the church. In addition, Sister Mary Josephine enjoys retreat work, candle-making, gardening, reading, playing the organ, and walking.

**Program Cost:** \$75 (lunch and refreshments are included)

\$145 with an overnight stay (including retreat and meals)

#### Gift Certificates Available!

Are you looking for the perfect gift for a birthday? Father's Day? An anniversary? Consider a gift certificate for a quiet getaway in our lovely, private, newly renovated guest rooms at St. Scholastica Monastery or at the historic McCabe Renewal Center! We have single and double rooms available, and can accommodate individual needs. Guests experience relaxation and healing in the beauty of nature at both locations, and are welcome to join in the rhythm of prayer with the Scholastica Community, if desired. Please call us for more information! (218) 723-6699.

#### Individual Spiritual Direction

Spiritual direction encourages you to explore a closer relationship with God. In the midst of a busy life, many people find it difficult to notice God's action in their daily affairs. Yet, at the deepest level, all of us long for a more conscious experience of God's presence and love. Individual sessions can be scheduled directly with a spiritual director. Appointments are one hour in length. To schedule, email [retreat@duluthosb.org](mailto:retreat@duluthosb.org) or call the Center for Spirituality & Enrichment at (218) 723-6699.

# August

## Travelers on the Road: Are you Journeying to the Kingdom as a Pilgrim or a Tourist?

Friday, August 17: 9:00 a.m. to 1:00 p.m. at St. Scholastica Monastery



In private reflection and time spent with others, this day will lead you to ponder the retreat title's question more deeply while journeying over the grounds and holy places of St. Scholastica Monastery. There will be prayers, including litanies, the rosary, and the Stations at various shrine areas. We will close the retreat with a meal together.

*NOTE: Bring good outdoor walking shoes as some of our pilgrimage paths could be rough and uneven.*

**Facilitators: Sister Jeanne Ann Weber, OSB** is the liturgist at St. Scholastica Monastery where she oversees the public prayer of her Community. She is blessed and challenged as she ministers with many other Sisters and lay people in carrying out the Work of God.

Before making her Perpetual Monastic Profession in July 2012, **Sister Lisa Maurer, OSB** taught and coached in Catholic schools. She has ministered as a Pastoral Associate, the Director of

Mission Integration of the Benedictine Health System, and an assistant football coach at the College of St. Scholastica. Sister Lisa has completed her Masters of Pastoral Ministry and is a graduate of the Institute of Religious Formation at Catholic Theological Union in Chicago.

**Program Cost:** \$45 (includes lunch) \$115 with an overnight stay (includes retreat and meals)

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## Tackling Life with Joy

Saturday, August 25: 10:45 a.m.-11:45 a.m. at St. Scholastica Monastery

(Optional: 10:00 a.m. join the Sisters of St. Scholastica for Morning Prayer in the Chapel)

On the day of the first scrimmage for the CSS football team (at 1:00 pm), we invite you to join us for an inspirational morning with Sister Lisa Maurer, a Benedictine Sister of St. Scholastica Monastery in Duluth, Minnesota. Sister Lisa's role as assistant football coach has attracted the attention of people across the country. Along with others, her story appeared

on the CBS Evening News and FOX News, on ESPN Radio and National Public Radio, and was written up in publications like the New York Times and the Minneapolis Star Tribune.

In her ministry with the Benedictine Health System, Sister Lisa gave motivational talks to thousands of health care workers every year, as well as to people

she encountered in her role as football coach. This is an event for women, men, and youth. Don't miss this opportunity to laugh and learn to live life with joy!



No charge or registration necessary to attend. An optional freewill donation will be accepted at the event.

# Outreach Opportunities

The outreach component of the Center for Spirituality and Enrichment is growing! The wonderful thing for you to know is that we *can* and *will* come to wherever your event is being held! We have a variety of speakers who will arrange their presentation to meet the needs of your group or event, and we will help you identify what kind of workshop or retreat would best meet your needs. Our goal is to provide you with a well-thought-out event that will support you in any way that we can, providing opportunities for enrichment for any who are touched by your ministry.



Some examples of the types of offerings that have been done by our Outreach team since last September:

- Parish workshop (“Discipleship and What That Means for Our Lives”) held one evening a week over a period of three or four weeks
- Parish retreat: "Have You Heard the Good News? Four Women Doctors of the Church"
- An evening retreat for a Confirmation group
- Introduction to Centering Prayer retreat
- Parish workshop during Lent focused on the Sacred Triduum. (This was also held as a retreat at St. Scholastica Monastery during the three days of the Triduum, allowing participants to observe the Days with the Sisters.)
- Presentations for senior and elder care facilities, such as "We Are Called" (on Micah, the prophet)
- Workshop at the DECC for the St. Louis County Human Services Conference
- Retreat for the staff of the Diocese of Superior: "Choosing to Thrive Through Change"

Many more ideas for presentation or retreat topics for your group can be found on our website, [retreatduluth.org](http://retreatduluth.org) (click on “Outreach”), or by contacting our Outreach Coordinator, Sister Pauline Micke, OSB, at (218) 723-7086 or [pauline.m@duluthosb.org](mailto:pauline.m@duluthosb.org).

Profound gratitude goes out to our dedicated Outreach presenters for their wonderful work: Sisters Sarah O’Malley, OSB, Edith Bogue, OSB, and Pauline Micke, OSB, and Lezlie Oachs.

Please contact us to see how we might serve your group or event in the days to come!

# Center for Spirituality and Enrichment

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(218) 723-6699

*“One Mission, Two Locations”*

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Web: [www.retreatduluth.org](http://www.retreatduluth.org)



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Mailing Address Line 4  
Mailing Address Line 5

*We ask that registration and payment be made prior to the event, unless otherwise indicated. If the Center for Spirituality and Enrichment cancels an event, your pre-payment will be refunded.*

*To register online, go to [www.retreatduluth.org](http://www.retreatduluth.org). (Credit cards accepted.)*

*To register by mail, send in the form below with a check payable to the Center for Spirituality and Enrichment. Mailing address is: Center for Spirituality and Enrichment, St. Scholastica Monastery, 1001 Kenwood Ave., Duluth, MN 55811.*

*Program scholarships are available. Please contact us for more information.*

### **Please print**

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone (preferred) \_\_\_\_\_ (alternate) \_\_\_\_\_

Event / dates \_\_\_\_\_ Fee \_\_\_\_\_

Event / dates \_\_\_\_\_ Fee \_\_\_\_\_

Total Due \$ \_\_\_\_\_

*For more information call 218-723-6699 or email [retreat@duluthosb.org](mailto:retreat@duluthosb.org)*

## **CENTER FOR SPIRITUALITY AND ENRICHMENT**

The Center for Spirituality and Enrichment provides opportunities for holistic spiritual and personal growth grounded in the Catholic Benedictine tradition of St. Scholastica Monastery in Duluth, MN.

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